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BIOGRAPHER TEMPERS INNER FAN BOY IN UNEARTHING AN IMPERFECT ROCK STAR PAGE 11

SASKATOON metro®

Tuesday, November 13, 2012

News worth sharing.

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RIDER PRIDE BRUISED

... but not broken, say fans

The Saskatchewan Roughriders' Chris McKenzie sits dejected on the bench on Sunday after losing to the Calgary Stampeders 36-30 in CFL Western semifinal football action in Calgary. For fan reaction to the season-ending heartbreaker, see page 20. LARRY MACDOUGAL/THE CANADIAN PRESS

Tales from lockup

Beverly Rowbotham case. Man acquitted of wife's murder writes books about ordeal

A former political adviser who was acquitted of murdering his wife is writing two books — one about the trial and another about his time behind bars.

Mark Stobbe was found not guilty of second-degree murder this year in the 2000 death of Beverly Rowbotham. She was struck 16 times in the head with a hatchet or axe and her body was found in her car in a parking lot near Winnipeg.

Mark Stobbe
THE CANADIAN PRESS FILE

The first book, Lessons from Remand, will be released on March 21.

Stobbe, who once advised former premier Roy Romanow, says he wrote the book because he believes readers can learn something from it. He says the food in jail was terrible, the cells are uncomfortable and there is no room to move around.

CJME/THE CANADIAN PRESS

Beware heavy snowfall

Snowmobilers are urged to exercise caution after a rider's close call on the weekend PAGE 3

Trudeau hoping yes he can, too

The team behind the Liberal leadership hopeful seeks advice from Obama's staff PAGE 6

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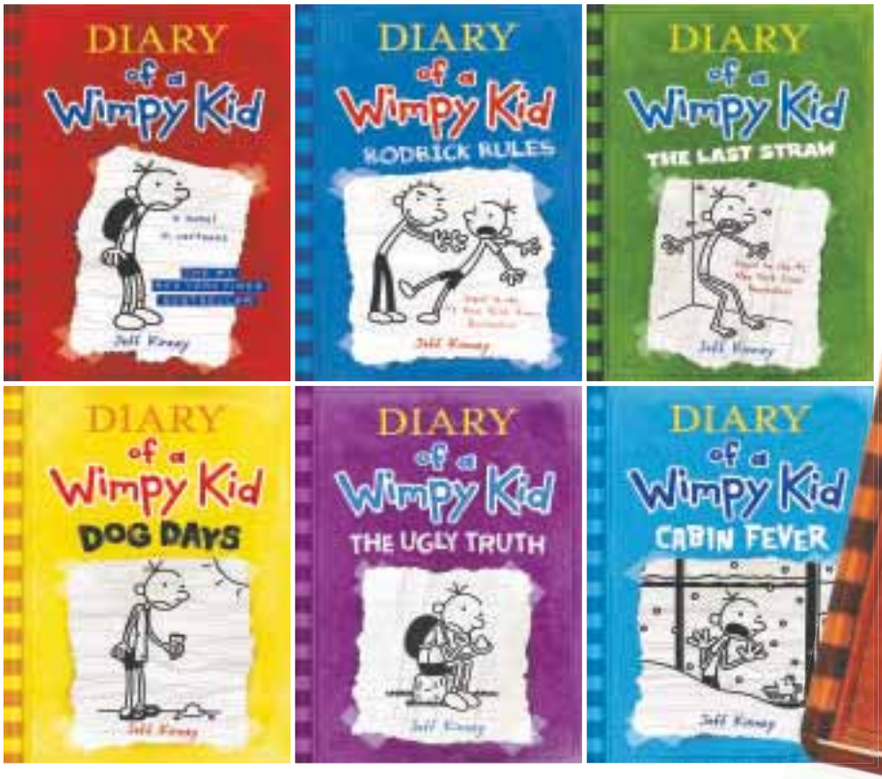
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Is an El Nino winter in store for the Prairies?

Fall fluctuation.
Region get dump of snow, freezing weather, while Ontario warms to near-record highs

Environment Canada says the Prairies will remain cold, but should get some clearer skies after blizzard-like conditions rolled across the region during the weekend before breaking Sunday night.

Alternatively, Ontario got a mix of warm and winter-like weather on Monday, with residents in the province's south ditching sweaters for lighter attire as temperatures in many municipalities reached the high teens, while Ottawa peaked at 20 degrees.

Environment Canada says 10 municipalities in Ontario unofficially set heat records on Sunday, while a handful of places in the southern region, including Ottawa and Hamilton, appeared on the cusp of breaking records on Monday.

The weather fluctuations shouldn't come as too much of a shock, said Beverly Archibald, director of True North Weather Consulting Inc., a specialized forecasting firm based in Edmonton.

"Canadians have to realize that there are always extremes in weather. We are very rarely right at normal," said the former Environment Canada meteorologist.

By taking the big-picture view, the recent shifts will appear relatively normal, she added. "I think we'll look back and say this was quite a typical El Nino winter.

"It's probably going to be a continuation of the snowy pattern for Western Canada and for Eastern Canada these swings in weather — very cold, very warm, very cold, very warm — which would be typical of these variable weather patterns," she said.

"This is playing right into the climate-change scenario where we'd see an increase in extreme weather events," she said. THE CANADIAN PRESS

Expect the unexpected

"Canadians have to realize that there are always extremes in weather. We are very rarely right at normal."
Former Environment Canada meteorologist Beverly Archibald

Jackson Courtney, a student at Marion M. Graham Collegiate, takes full advantage of his day off school, brought about by recent snowfall in Saskatoon, as he attempts to catch some air at an impromptu snowboard jump in the closed section of Victoria Avenue on Monday. MORGANMODJESKI/METRO

Snowmobilers cautioned about early snow

The Saskatchewan Snowmobile Association is cautioning riders to take care on trails and avoid bodies of water this early in the season, despite heavy snowfalls. FLICKR.OCM: HESSONPHOTOGRAPHY

A close call for a snowmobiler over the weekend served as a reminder for enthusiasts across the province.

According to Chris Brewer, president and CEO of the Saskatchewan Snowmobile Association, a number of hazards are present this early in the season, and with roughly 55,000 riders antsy to hit the trail, people need to take care while riding.

"It looks like this is a big snow cover — certainly we have some snow, but it's quite fluffy and it hasn't been set up as a base yet," said Brewer, noting culverts, rocks and other objects are "hidden dangers," under the snow.

However, hazards off the trail can also pose problems. Just this weekend, a 53-year old man was stranded in shallow water after his snowmobile went through ice south of Clavet. Although he was rescued without injury, Brewer said bodies of water should be off-limits.

"Avoid any bodies of water right now," said Brewer. "This snow that's come early is an insulator blanket overtop of any ice that has formed and it's going to make it rather critical until we get big ice formed, and that's going to take extremely cold temperatures." MORGAN MODJESKI/METRO

Knowing conditions

Greg Sayer, an acting battalion chief with Saskatoon Fire and Protective Services, said riders should know current conditions and history of the ice, as these rescues could put responders in danger.

- **Risk.** "There's always a risk when you're sending crews out to a rescue like that," said Sayer. "We are trained in all aspects of rescue, but in saying that, there's always a risk."

Prince Albert

Man accusing teacher of sexual exploitation to take board to court

A man who was allegedly sexually exploited by a Saskatchewan teacher when he was a student is taking legal action against a school division in Prince Albert.

Former teacher Bonnie McLachlan was found not guilty of the exploitation charge at the conclusion of a trial last November.

Lawyer Tony Merchant, who is representing the former student, says an attempt last week to reach a mediated settlement with the Saskatchewan Rivers School Division ended without an agreement.

The case will now move to the discovery stage, and Merchant says no decision has been made on the damages his client would be seeking.

A date has not been set for a civil trial, and counsel for the school board has not yet commented on the case. CKBI/THE CANADIAN PRESS

Online

For more local news, go to metronews.ca

No one hurt

Firefighters control brush fire using 26,000 litres of water

Firefighters in Saskatoon had to burn through more than 26,000 litres of water before they could get a huge fire in a brush pile under control.

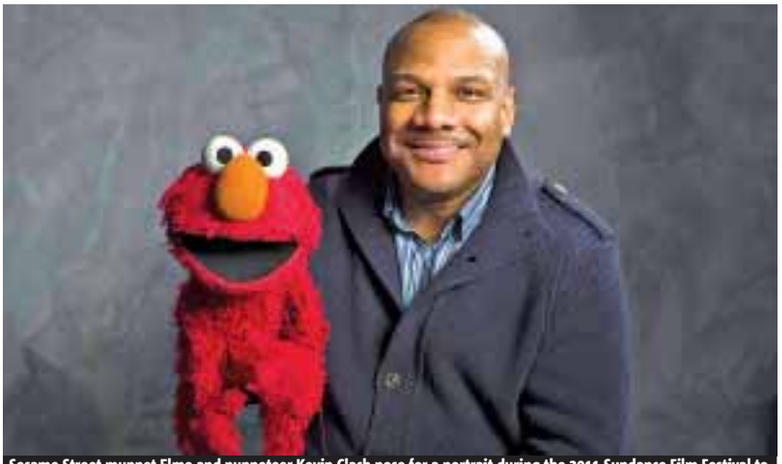
Crews were called out last evening to the blaze outside the city, not far from Highway 16.

They were on the scene for about three hours and had to keep watch as the pile continued to smoulder overnight.

No one was hurt and there was no risk to any buildings or equipment. CJWW/GLOBAL SASKATCHEWAN/THE CANADIAN PRESS

Puppeteer accused of underage relations

Elmo. Allegations were unsubstantiated, but Clash is taking a leave of absence from Sesame Street



Sesame Street muppet Elmo and puppeteer Kevin Clash pose for a portrait during the 2011 Sundance Film Festival to promote the film Being Elmo in Park City, Utah. Clash has taken a leave of absence from the popular kids' show following allegations that he had a relationship with a 16-year-old boy. VICTORIA WILL/THE ASSOCIATED PRESS FILE

The puppeteer who performs as Elmo on Sesame Street is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash, 52, has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said in a statement issued Monday. "We met with the accuser twice and had repeated communications with him. We met with Kevin, who denied the accusation."

The organization described the relationship as "unrelated to the workplace." Its investigation found the allegation of underage conduct to be unsubstantiated. But it said Clash exercised "poor judgment" and was disciplined for violating company policy regarding Internet usage. It offered no details.

"I had a relationship with the accuser," Clash said in a statement of his own. "It was between two consenting adults and I am deeply saddened that he is trying to characterize it as something other than what it was."

THE ASSOCIATED PRESS

Legalizing pot. Latin American leaders call for review of U.S. policy

Two U.S. state decisions to legalize marijuana will have implications for international efforts to quash drug smuggling, four Latin American leaders declared on Monday.

Mexico, Belize, Honduras and Costa Rica called for the Organization of American States to study the impact of the votes in Colorado and Washington, and said the United Nations' General Assembly should hold a special session on the prohibition of drugs by 2015 at the latest.

"It has become necessary to analyze in depth the implications for public policy and health in our nations emerging from the state and local moves to allow the legal production, consumption and distribution of marijuana in some countries of our continent," Mexican President Felipe Calderon said after a meeting with Honduran President Porfirio Lobo, Costa Rican President Laura Chinchilla and Prime Minister Dean Barrow of Belize.

Marijuana legalization by U.S. state governments is "a paradigm change on the part of those entities in respect to the current international system," Calderon said.

The most influential adviser to Mexico's next president, who takes office Dec. 1, questioned last week how the country will enforce a ban on growing and smuggling a drug now legal under some state laws. Mexico has seen tens of thousands of people killed over the last six years as part of a militarized government attempt to destroy the country's drug cartels.

THE ASSOCIATED PRESS

Drug trafficking

Mexico is one of the primary suppliers of marijuana to the U.S., while Honduras and Belize are important stops on the northward passage of cocaine from South America.

- Costa Rica is seeing increasing use of its territory by drug traffickers.
- Guatemala's president has advocated the international legalization of drugs.

Cause of U.S. blast that killed two still unknown

An enormous blast in the U.S. that killed two people, obliterated two homes and made dozens more uninhabitable came with no hint of warning, and the homeowner on Monday wondered whether a faulty furnace was to blame.

Fire officials expressed amazement that only two people died late Saturday in the Indianapolis explosion, which rocked several houses from their foundations. Hundreds of residents were evacuated. A fire burned for hours, engulfing dozens of homes.

The owner of the house that exploded, John Shirley, told The Associated Press that he received a text message last week from his daughter about a problem with the furnace at the house the girl shares with her mother and her mother's boyfriend.

He said that when he asked if the furnace had been fixed, his daughter said yes, and he wasn't aware of any additional problems.

Shirley said no one was home at the time of the explosion. His ex-wife, Monserrate Shirley, declined to comment.

Investigators said they have not determined a cause for the blast. Public safety director Troy Riggs said investigators will treat the area as a crime scene until they rule out foul play.

Utility workers have been inspecting gas mains in the neighbourhood but so far have detected no leaks, a spokesman said.

Deputy code enforcement director Adam Collins said 80 homes were damaged, including 31 that might need to be demolished. He estimated the damage at $3.6 million.

THE ASSOCIATED PRESS

Vigil

The blast flattened the house John Shirley co-owns with his ex-wife and one next door that belongs to Jennifer Longworth and her husband, John.

- The coroner's office had not yet identified the two people killed in the blast, but a candlelight vigil was held Sunday at the school where Jennifer Longworth teaches.

Emergency workers at the site of a home that was destroyed on Sunday by an explosion in Indianapolis. Nearly three dozen homes were damaged, and seven people were taken to hospital. DARRON CUMMINGS/THE ASSOCIATED PRESS

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Linda Boryski BScPT, Cert. Powerskating Instructor, lindaboryski@shaw.ca

Act of vengeance

New IRA claims responsibility for first killing

A new Irish Republican Army faction in Northern Ireland claimed responsibility Monday for its first killing and defended the bloodshed as a necessary act of vengeance.

The group, a merger of factions that brands itself as simply the IRA, said in a statement to the Irish News in Belfast its members shot to death David Black this month because he worked as a guard at Northern Ireland's top-security Maghaberry prison.

About 40 members of IRA factions are imprisoned there. The inmates have protested for more than a year against a policy of strip-searching them in search of weapons, drugs and cellphones. They have previously threatened to kill off-duty guards.

Black, 52, was shot as he drove to work on Nov. 1. He had worked as a guard for three decades and expected to retire soon.

He was the first prison officer killed in Northern Ireland since 1993, the year before the Provisional IRA began a truce that inspired Northern Ireland's peace process. THE ASSOCIATED PRESS

Human Rights Council

U.S. re-elected in tough contest for UN council seat

The United States was re-elected Monday to another three-year term on the UN Human Rights Council in the only contested election for the organization's top human rights body.

The U.S. was competing with four countries for three open seats belonging to the Western Group on the council. Germany and Ireland were also elected by the 193-member General Assembly. THE ASSOCIATED PRESS

Travelling exhibit

Jewelry from Titanic wreckage to begin tour

Most of the jewelry recovered from the wreckage of the Titanic will begin a three-city tour, its first public display since being salvaged from the ocean depths. The collection includes diamond and sapphire rings, brooches, necklaces, cuff links and a gold pocket watch.

After a two-month exhibit at the Atlantic Station in Atlanta, the jewels travel to Orlando and Las Vegas.

THE ASSOCIATED PRESS

Measure B. Porn stars still working 'au naturel' in wake of condom vote

The show must go on, is the entertainer's credo, and it did just that in the U.S. Porn Capital even after Los Angeles County voted to require performers to use condoms when filming sex scenes.

One of the industry's biggest stars, James Deen, reported for work, condom-free as usual, just hours after voters adopted the new law.

During a break in the action Thursday, however, Deen raised the same questions on the mind of everyone in LA's billion-dollar-plus porn industry: Can a planned court challenge get the new law tossed out before it is even implemented? Or, perhaps this time next year, will he be making films like Atomic Vixens in some place like Las Vegas or Florida?

The law, listed as Measure B, was passed by 56 per cent of voters.

It won't take effect until election results are certified, which likely will be several more days. It could take months longer before county health officials decide how to enforce it and whether they must begin dispatching prophylactic police officers to keep a close eye on actors.

Industry fears losses

"The last time we attempted to go all-condom, our industry lost sales by over 30 per cent."

Porn star James Deen

The Department of Public Health issued a terse statement with no timetable for developing an enforcement plan. There was no hint of whether there would be surprise inspections or if public employees would be paid to watch porn flicks to see if actors were complying.

The nation's adult entertainment industry, which is believed to generate as much as seven billion a year in revenue, vigorously opposed the new law. It argued it is unneeded because of safeguards that include monthly venereal disease checks for actors. THE ASSOCIATED PRESS

Decorated Indian sprinter charged with partner rape

XY intersex. While Pinki Pramanik, 26, competed for India as a woman, gender tests confirm he's a man

A runner who won medals for India while competing as a woman was charged with rape on Monday after a gender test indicated she is actually a man, according to media reports.

Pinki Pramanik, 26, became a national star after rising from childhood poverty to win gold while anchoring India's 400-metre relay team at the 2006 Asian Games.

One of the charges

"Cohabitation caused by a man deceitfully inducing belief of a lawful marriage."

The wording on one of the charges faced by Pinki Pramanik

Pramanik won a silver medal at Sydney's Commonwealth Games the same year.

Pramanik became mired in controversy in June after the retired runner's live-in girlfriend accused Pramanik of being a man masquerading as a woman and of raping her.

Pramanik denies all the charges. On Monday, Agence-France Presse reported that the police had charged Pramanik with rape after a medical board set up to determine Pramanik's gender concluded he is a man.

She has also been charged with impersonation, cheating, assault and intimidation. The medics said Pramanik is a "male pseudohermaphrodite," a condition normally called XY intersex. It means the chromosomal sex and internal sex organs indicate the person is male, while external genitals appear female or are ambiguous.

Pramanik retired in 2008, disappearing from the public eye and buying a house in the eastern city of Kolkata.

TORSTAR NEWS SERVICE

Indian police on Monday charged Pinki Pramanik, an gold-medal-winning international athlete, with raping her former partner. AFP/GETTY IMAGES FILE

Ikea

Swedish retailer accused of benefiting from forced labour

Swedish furniture giant Ikea will release a report this week addressing claims it benefited from forced labour in communist East Germany, the company and victims groups said Monday.

The report by auditors Ernst & Young looks into allegations that Ikea used East German suppliers who employed prisoners — some of whom were political dissidents — to manufacture goods from the 1960s to '80s. "Ikea is only the tip of the iceberg," said Rainer Wagner, chairman of the victims' group UOKG.

THE ASSOCIATED PRESS

Casino owner

Mogel's jury award slashed by court

A U.S. judge has cut by more than half the $40 million jury verdict that casino mogul Steve Wynn was recently awarded against Girls Gone Wild founder Joe Francis.

Los Angeles Superior Court Judge Joanne O'Donnell issued the ruling Friday cutting the award by $21 million. Her ruling eliminates $20 million in punitive damages the jury granted Wynn and $1 million they said he deserved because of comments Francis made on Good Morning America.

The ruling only affects damages awarded in the case and preserves the jury's decision that Francis defamed Wynn. THE ASSOCIATED PRESS

New Zealand

Man, 74, to appear in court over threat to Prince Charles

A New Zealand man has been charged with planning to assault Prince Charles during a royal visit to the Pacific nation.

Charles and his wife Camilla are on a six-day tour of New Zealand, the last leg of their Pacific tour marking Queen Elizabeth's 60th Jubilee. Police say they arrested a "known anti-royalist" Monday near a downtown Auckland venue where the Prince of Wales and his wife were due to appear. Police say the royal couple had not yet arrived. The man was carrying an item when arrested.

THE ASSOCIATED PRESS

Rockets fired on Israel by Gaza militants

An Israeli woman and her children stay in a large concrete pipe used as a bomb shelter after a rocket was launched from the Gaza Strip on Nov. 12 in Netivot, Israel. Gaza militants launched 10 rockets into southern Israel by midday Monday, including one that struck the yard of a house, the military said. No injuries were reported; there was no immediate Israeli retaliation. URIEL SINAI/GETTY IMAGES

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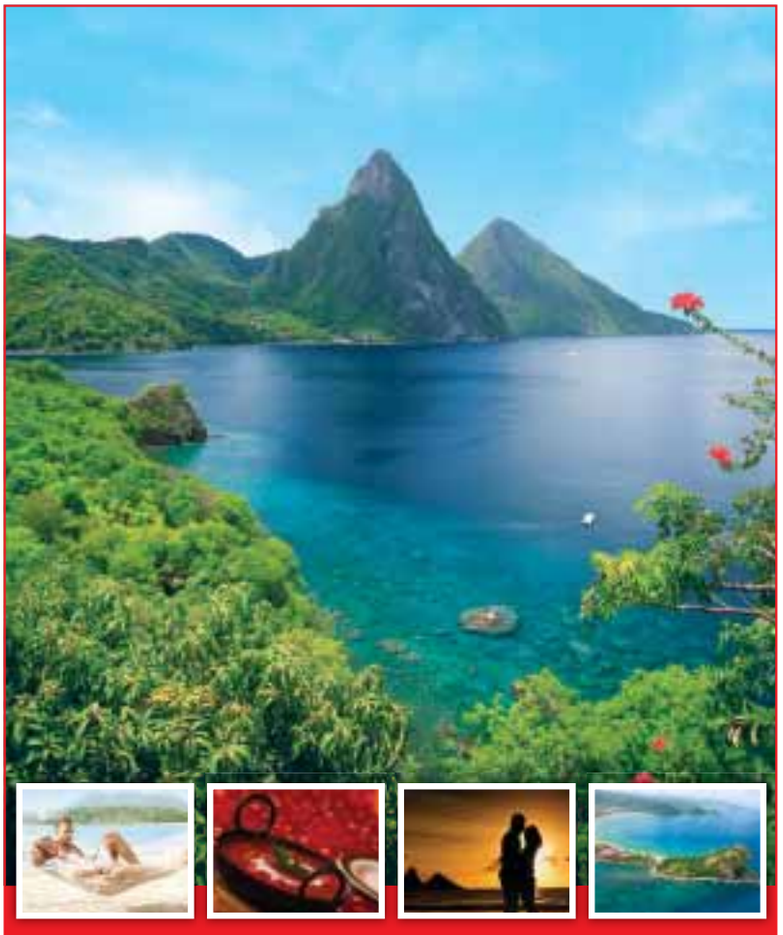

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Justin Trudeau's team looks to U.S. Democrats for advice

Liberal MP and leadership candidate Justin Trudeau attends a Remembrance Day ceremony in Montreal on Sunday.
GRAHAM HUGHES/THE CANADIAN PRESS

Victory. Liberal leadership campaign seeks out Obama's staff for lessons in winning

Hot on the heels of President Barack Obama's re-election victory, Justin Trudeau's Liberal leadership team is looking to U.S. Democrats for advice on how to win.

Mitch Stewart, who was the battleground-states director for the Obama campaign, has been sought out to speak to Trudeau's strategists on Thursday, according to officials with the campaign.

Trudeau's leadership bid is being organized around much of the same strategic goals that drove Obama's victories in 2008 and this year — rallying support from young people and other progressive-leaning voters who haven't traditionally cast ballots in elections.

If Trudeau wins, that is also the same approach he hopes to use to put the Liberals back on a competitive footing with the Conservatives in 2015.

Stewart, who rose to the top ranks of the Obama team after delivering a surprise win in Iowa in 2008, was the man in charge of getting out the Democratic vote this year in all-important swing states such as Ohio and Florida, where Obama was triumphant over Republican challenger Mitt Romney.

TORSTAR NEWS SERVICE

Is this a good thing? Comedian says Windsor, Ont., may be 'Earth's rectum'

In his latest book, comedian Stephen Colbert gives a wag of the finger to Ontario's City of Roses.

The book, entitled America Again: Re-becoming the Greatness We Never Weren't, contains a section about renewable energies and geothermal power.

"Before we can harness geothermal power, we have to take the planet's temperature with a geothermometer," reads the passage. "And I have no idea where the Earth's rectum is!"

Stephen Colbert GETTY IMAGES

A footnote on the latter sentence suggests "Windsor, Canada" as a possible location.

This isn't the first time the Comedy Central host has taken a swipe at Windsor, Ont. A 2007 segment on his show listed the city as one of the worst places on Earth.

City spokesperson Jason Moore questioned whether Colbert had ever been to Windsor, but declined to offer further comment. THE CANADIAN PRESS

Crime

Police officer raped by colleague fights back

Denise Robinson used to feel completely alone before making her story about being raped by a fellow police officer public.

But that changed once other female officers came forward with similar stories.

"For so long I thought this was an isolated case and I thought, 'Oh my God, no one else has ever been through this before,'" said Robinson, a special constable with the Kativik Regional Police in northern Quebec.

Denise Robinson METRO IN OTTAWA

She was raped by her colleague, Joe Willie Saunders, on Feb. 5, 2010, while she was intoxicated in her police residence after being driven home from a house party. Saunders pleaded guilty to sexual assault and was sentenced Aug. 24 to 18 months in jail.

Robinson said her employer stopped paying her after she reported the incident to her superiors a few days later because she was deemed unfit for work.

Without work and a paycheque, she has been staying with family in Ottawa for the better part of two years while receiving treatment for post-traumatic stress disorder and fighting for lost pay from the police force.

Robinson said on Nov. 2 her employer offered her three months' pay if she quit her job.

"Accepting that offer, to me, is telling them it's OK what they did," she said.

JOE LOFARO/METRO IN OTTAWA

Argentina issues ultimatum over seized sailing ship

Ghana. Ship held over decade-old bad debt

Argentina will ask the International Sea Tribunal to order the release of a seized navy sailing ship in Ghana, the South American government said on Monday.

The ARA Libertad training ship was seized on Oct. 2 in the port of Tema as collateral for unpaid bonds dating from Argentina's economic crisis a decade ago. Foreign Minister Hector Timerman said if Ghana does not free the vessel by Tuesday, Argentina will appeal before the tribunal in Hamburg, Germany.

"The legal representatives of the Foreign Ministry are already in that city to begin the legal actions," Timerman said in a press conference.

The ARA Libertad was ordered seized last month. THE ASSOCIATED PRESS/FILE

Argentina had warned Ghana that it would take the issue to the arbitrage court late last month following a United Nations convention on the rights of the sea, Timerman said. It also asked the African country to immediately restore power and water services to the vessel.

Ghanaian port authorities shut off the water and electricity to the ship last week when Argentina refused to let it be moved to a less-busy part of the port. Argentina's sailors pulled out rifles to prevent Ghanaian officials from boarding the vessel to move it.

"(Ghana officials) put a halt to this action and the calm has returned," Defence Minister Arturo Puricelli told reporters at the press conference. "But power and water services have not been restored."

Ghanaian Justice Richard Agyei-Frimpong ruled last week that the vessel should be moved because it is keeping other ships from berthing. Port officials say the port is losing tens of thousands of dollars per day in berthing fees.

The court ordered it held at port due to a court order in New York for Argentina to pay $1.3 billion to a group of investors in the country's defaulted debt.

THE ASSOCIATED PRESS

Woman dragged away from pro-Tibetan protest

Indian police officers drag away a Tibetan Youth Congress (TYC) supporter as she protests outside the Chinese Embassy in New Delhi on Monday. TYC supporters shouted anti-Chinese-government slogans outside the embassy to show support for Tibetans inside China who have set themselves on fire in protest against the Chinese government. SAURABH DAS/THE ASSOCIATED PRESS

Cattle thefts

Bandits ambush Kenyan police, kill 34 officers

Suspected cattle thieves hid on a high hill and ambushed and killed at least 34 police officers pursuing them over the weekend in northwestern Kenya, a gruesome and powerful attack on government security forces that an official said Monday highlights the need for more reforms in the police force.

The police were killed over the weekend after being ambushed by bandits from the Turkana region who are suspected to have stolen another tribe's cattle.

The weekend slaughter raises concerns that Kenyan officials will not be able to stop violence if it breaks out during the country's next presidential election in March.

THE ASSOCIATED PRESS

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Brick acquisition will help Leon's keep lid on costs

Retailing. Companies plan to flex their joint purchasing power

A combined Leon's and The Brick should be able to enhance their competitiveness in an increasingly gritty retail environment even though both banners will continue to fly separately, the companies and analysts said Monday.

The friendly purchase of Edmonton-based The Brick by Toronto-based Leon's for $700 million has less to do with direct competition posed by giant American retailers such as Target or Wal-Mart, they said, than with the need to keep a lid on costs.

"What's most in the forefront of our minds is: The economy is difficult, generally it's not growing, and if it is growing, it's growing very slowly," said Terry Leon, CEO of Leon's who will head up the combined entity.

Terry Leon, president and CEO of Leon's, chats with Vi Konkle, president and CEO of The Brick, after a news conference in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

"So the best way to grow and to expand is to, if you can, make a purchase that makes sense."

The Canadian retail landscape has been shifting in recent years as more American chains in search of growth opportunities make their way north, which has increased competition in retail segments, including furniture.

As well, many Canadian retailers from Loblaw to Canadian Tire have moved to compete by diversifying their offerings, including through furniture sales, to become more of a one-stop shop experience for consumers.

Leon's and The Brick said they had no plans to close any stores or lay off any employees. Rather, they said, they would try to become more competitive initially by flexing their combined purchasing muscles and by joining distribution channels.

Ken Wong, with the Queen's School of Business, said the blurring of retail boundaries is having a profound impact on the landscape that goes well beyond new U.S. competition.

"It's not just about American versus Canadian — it's about getting costs down," Wong said. "Whoever has the lowest cost wins, provided they know what to do with those low costs."

THE CANADIAN PRESS

Spanish banks freeze mortgage evictions

Mortgage Victims Platform member Marta Uriarte, right, who has stopped the auction of her home three times, speaks outside Caja Madrid's main office on Monday in Madrid, Spain. Spain's banks announced that for the next two years they will suspend mortgage-related evictions of the most vulnerable people. There have been around 350,000 house evictions since Spain's property market crashed in 2008. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Market Minute

DOLLAR 100.04¢ (+0.17¢)

Figure reflects currency's value on international markets in mid-afternoon trading. The Canadian dollar did not trade in Canada Monday as banks were closed for Remembrance Day.

TSX 12,191.46 (-5.34)

OIL $85.57 US (-50¢)

GOLD $1,730.90 US

Natural gas: $3.57 (+6.7¢)
Dow Jones: 12,815.16 (-0.23)

BB10 devices

RIM to unveil new BlackBerrys Jan. 30

Research In Motion made another step towards the release of its new BlackBerry smartphones Monday, saying it plans to unveil the devices and its new operating system on Jan. 30. It did not say when customers will be able to buy the devices. THE CANADIAN PRESS

Oman. Tim Hortons opens 20th Gulf-state restaurant

Oman has its first Tim Hortons restaurant as the iconic Canadian chain expands operations in the Persian Gulf states.

The Oman restaurant is the 20th Tim Hortons to open in the region since the chain signed a master licence agreement with the Apparel Group last year. The agreement calls for up to 120 multi-format stores to be opened in the United Arab Emirates, Qatar, Bahrain, Kuwait and Oman over a five-year period.

"We're thrilled that the Apparel Group has reached the milestone of 20 restaurants in the GCC (Gulf Co-operation Council), since opening the first location in Dubai in September of 2011," said David Roy, Tim Hortons' managing director of international operations.

Using a targeted approach to explore international opportunities is part of the company's strategic plan.

"The company will continue to focus on expansion in existing GCC markets, focusing next on Qatar," it said.

THE CANADIAN PRESS

By the numbers

4,100

Tim Hortons has more than 4,100 restaurants, including more than 3,300 in Canada.

Double-doubles are spreading across the Middle East. In this file photo, customers line up in a new Tim Hortons store in Dubai last September. Now, the chain has expanded to Oman. TORSTAR NEWS SERVICE FILE

Quebec. Victims' fund set up after plant blast

A special fund will be created to help the families of victims in a plant explosion last week that killed three people, sent 19 to hospital and flattened an industrial facility.

The company that owns the plant, Neptune Technologies & Bioressources, announced its plan to set up the fund Monday. It said the fund would pay for psychological help and offer financial assistance to families of workers who were killed or remained in hospital.

An explosion and subsequent fire destroyed the company's production plant in Quebec's Eastern Townships. The explosion could be heard for kilometres, and the fire reduced the plant to heaps of charred rubble.

It was one of two similar incidents in Quebec within a 24-hour period. Several hours later, an explosion rocked a plant in the same region belonging to Bombardier Recreational Products.

Bombardier said Monday that one of its employees, who was in hospital, had died from his injuries.

THE CANADIAN PRESS

I'LL CRY IF I WANT TO

SHE SAYS...
Jessica Napier
metronews.ca

Wherever I am in the city, I am never more than five blocks away from somewhere I have cried.

As a non-hermit kind of person who happens to have a lot of feelings at inconvenient times, I am no stranger to the public meltdown. And I'm not just talking about socially acceptable places like during a funeral or in a darkened movie theatre; I mean everywhere.

I have welled up on crowded buses during rush hour, sobbed in department-store fitting rooms, bawled uncontrollably over dinner at fancy restaurants, and let myself go in plenty of other very public locales.

A sob story

I can usually will myself to get it together after a couple of minutes but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering.

I have always been a crier. Tearing up is my go-to response mechanism for an array of feelings — sadness, joy, heartbreak and anger all lead to waterworks. There is never a particularly good time to cry, but doing it in public is always embarrassing.

I can usually will myself to get it together after a couple of minutes but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering.

I suppose it would be OK if I were an attractive weeper. Back when The Hills was must-see TV, I watched Lauren Conrad in awe as she gracefully mastered the perfect single tear.

Unfortunately, my sob sessions leave me looking like a blubbering mess with swollen red eyes and a gruesome mixture of mascara and snot streaming down my face.

I've always thought of my tendency to burst into tears as a sign of weakness. I felt as though I was exhibiting a complete lack of self control every time I lost it during a sentimental reality-show moment or when I missed the bus by seven seconds.

But as our communication channels evolve and our real emotions become increasingly replaced with cartoon-like emoticons, I've come to realize that crying is actually an incredible embodiment of our own mood.

It doesn't get more real than being so overwhelmed with emotion that you find yourself breaking down in the washroom at the office or sobbing quietly in a Starbucks lineup.

Passionate feelings can be untimely and awkward, but we shouldn't challenge ourselves to suppress them.

In fact, we should be embracing our volatile moods.

Crying in public means you're actually having a real emotional experience in the three-dimensional world; not just LOLing at another YouTube clip on your iPhone.

After all, if the most powerful man in America can shed a few tears of joy after being re-elected, then we should recognize that there's no shame in breaking down in front of one another.

Follow Jessica Napier on Twitter @MetroSheSays

Bad hair day got you feeling frazzled? Don't worry — cry about it. ISTOCK

It's a snake on a plain

FRANCO BANFI/SOLENT

Wildlife photography

Diver takes risk to see anaconda

A brave diver gets up close to a huge anaconda snake after it gobbled up its prey.

Underwater photographer Franco Banfi, 54, ventured close enough to touch the scary, lengthy beast as it lay in the sun.

Thankfully, its swollen belly shows it has recently eaten a capybara rodent and will have little interest in feeding again for a while. METRO

In movies and reality

Monstrously big, but lazy, sluggish

Anaconda, the 1997 adventure-horror movie starring Jennifer Lopez and Jon Voight, depicts the bulky reptile as a monstrous beast that targets humans.

In truth, anacondas are non-venomous and tend to move in a rather sluggish manner.

"As humans, we tend to judge animals, we look above them. It's easier to label them as dangerous than anything else," Banfi said. METRO

Brazilian region

Translates to 'thick forest of the south'

Banfi saw six different female anaconda snakes on his 10-day trip to the Mato Grosso do Sul region in southern Brazil, right in the heart of South America.

The region, whose name literally means "thick forest of the south," is known for its diverse natural beauty.

"Normally, these snakes bathe in mud, so we were lucky to get the photos in the end," says Banfi. METRO

Anaconda's size

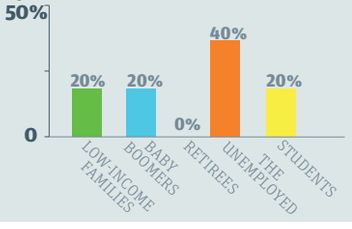
8

metres and 200 kilograms is the approximate length and weight of this anaconda specimen. Due to its massive size, the anaconda feeds on a range of prey from large rodents, such as capybaras, pigs, caiman crocodiles and even jaguars.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Who is hit the worst in this post-recession economy?



Twitter

@Rhino_Bob: With Colorado now legalizing recreational pot the Rhinoceros Party's work is only half done next up legalizing pans #skpoli #uspoli #cdnpoli

@brandonfast: Never thought I would enjoy winter #running! #betterthanEnglishhomework #saskatchewan

@rezboi39: Movie time :) nothing else 2 do on a cold night #yqr #skstorm

@KShields7: Time to dig out of 3 feet of snow! #skstorm

@JoelTweetsJoel: The weirdest thing about #Movember is that every cute girl looks like she's out with her dad.

@MalcolmFrench: My first Remembrance Day since retiring from the Royal Canadian Navy (Reserve). Supporting the troops means not risking their lives lightly.

metro

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Biography looks at Boss's family, his music and his drive for fame

Bruce. Author balances inner fan boy with unveiling Springsteen's imperfections

PAT HEALY
scene@metronews.ca

When Peter Ames Carlin learned that Bruce Springsteen was willing to sit down with him for the Boss biography that he was writing, the author had to keep himself in check.

Yes, this was the first time that Springsteen would be cooperating with a biographer in 25 years, and yes, this was the man who had helped inform his world vision, but Carlin had a warts-and-all book to write.

"The fan boy in me had been locked in a cage long before I got to meet Bruce," says the author. "When I met him, it was super-intense, but for me, the thing that mattered at that point was that I was working on this book and this could conceivably be the difference between it being an extraordinary book and being another book about Bruce Springsteen."

The book, simply titled Bruce does, arguably, achieve the distinction that he was hoping for.

Through intimate interviews with family members and band members past and present, Carlin unearths previously unpublished anecdotes about his subject's childhood (as a little kid, Springsteen kept the same nocturnal rock star hours he does now), about his early rocking years (one of Springsteen's bands honoured a commitment at a small New Jersey club rather than accepting an invitation to play Woodstock in 1969) and his family struggles with mental illness.

"A big part of how this book advances the story is being very up front about how his dad was manic depressive. He had a serious untreated mental illness for his entire adult life," says Carlin. "We were talking later about depression or something and I said to him, 'Bruce, you said something to me that made me wonder, and it seemed like you were telling me that you take antidepressants. Am I correct?' and he said, 'Yeah.' And I said, 'How would you feel about me putting that in the book?' and he was silent for a second and then he said, 'Yeah, that's OK.'"

The man that emerges from the 474 pages of Bruce is alternately a controlling boyfriend, a driven bandleader, a junk food junkie and an artist who is constantly challenging himself.

"He works really hard at being a good man and doesn't always live up to his own expectations of himself," says Carlin. "It felt very important to me to report stories I had heard about him being a dick. And I watched him have a temper tantrum on stage, at a soundcheck, furious at a guy who wasn't even at work yet."

Even though Carlin unveils these imperfections and his inner fan boy is securely locked up throughout the narrative, he says his respect for Springsteen's artistic vision is unwavering.

"He's so smart, so sensitive and so unafraid to dive into the darkness and mourn the horrors of the world, but also maintains that belief in possibility," he says.

Carlin was not the only one who learned a lot about Bruce Springsteen during this three-year writing process.

"He told me later, after he read the book, that part of what he valued about it was that he was reminded of how special the people in his life were," says Carlin.

Bruce Springsteen performs at the 6th Annual Stand Up For Heroes benefit concert for injured service members and veterans Nov. 8, in New York. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Keep pushin' 'til it's understood

Photographer Eric Meola, best known for capturing Springsteen and late E Street Band sax legend Clarence Clemons on the iconic cover of Born to Run, has also recently released a new book on the Boss.

The book, Streets of Fire: Bruce Springsteen in Photographs and Lyrics 1977-1979 is another rare glimpse of an artist who is constantly evolving.

Many of the shots were taken at the sparsely decorated farmhouse Springsteen rented after Born to Run made him a star. The shots almost look like demo versions of the cover of Darkness on the Edge of Town, which came out in 1978.

"Every time we would get together, we would end up doing something very different from the time before," says Meola. "He would stand in attic alcoves with light coming in and creating beautiful shadows and I started to realize that the emptiness of the house reflected a lot of the loneliness and despair that was going on in the music."

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K'naan learns love is harder than war

Country, God or the Girl. Somalian artist goes inward, uses his tour of Africa to free himself and write about what's important

K'naan rose to fame with his World Cup 2010 hit Wavin' Flag. HANDOUT

K'naan arrived on the scene singing about struggles — his hit Wavin' Flag was a timely freedom anthem during the 2010 World Cup. But his new record Country, God, or the Girl looks inward.

"I went to 22 countries in Africa, back to back, on tour," the Somalia-born artist says. "Seeing Africa to that degree freed me from having a narrow message in my music."

He says when a friend told him about working in refugee camps during the Rwandan genocide, it changed his perspective on global thinking.

"When people settled into the evening," he says, "nobody talked about the horrific tragedies that were happening.

"They were talking about their lost loves. And that hit me so deeply — how human beings are having the same conversations everywhere, even in times of war and famine.

Their favourite songs are always love songs. And I wasn't speaking to them in the place that was most important to them."

The singer says he has come to a conclusion about approaching certain subject matter.

"Love is harder than war," he says.

The sound of Country, God, or the Girl is a blend of pop and African melodies, and tracks mostly focus on internal conflict, relationships and personal growth.

"To progress musically, I had to open myself up," he says. K'naan is also joined by a wishlist of high profile special guests, including Bono, Keith Richards, Will.i.am, Nas and Nelly Furtado.

But no matter who is joining him, he says it all comes down to one person:

"I've had the chance to write about my experiences in a difficult and violent life. ...

"But when the suffering and the pain is something that comes from within me, it's harder to react and to write about that."

K'naan says he doesn't write while he's on the road.

"I know that some artists that I'm friends with do that, but I just prefer there be distance between my being celebrated as an artist and my having something to share.

"Because ... being idolized on stage and then writing a song could be a little dangerous, I think. But when you are living, and nobody cares that you're walking around in the street, your girlfriend is giving you a hard time and (so is) your family, all of that, that's the context in which an artist writes.

"That's when I like to write."

METRO WORLD NEWS

Quoted

"I've had my chance to write about my experiences in a difficult and violent life"

K'naan

Be taken Home by One Direction

New album. U.K. act's follow-up to successful Up All Night is a mix of ballads and upbeat songs to get teenage hearts racing

One Direction's sophomore album, Take Me Home, comes one year after the group released its debut, Up All Night, in the United Kingdom.

The latter, which came out in America just eight months ago, has already sold 1.3 million units and is still in the top 25.

The wholesome-looking quintet has joined Justin Bieber in the affections of girls everywhere, with their puppy eyes, trendy haircuts and rather good voices. And the boy band's new album delivers on the brief, vaguely catchy songs that appeal to both the romantic and the wild side of teenage girls.

The record relies heavily on perky and melancholic guitars, and on romantic invitations like "I want to be your last first kiss" on Last First Kiss, which then veer into the leery Tonight Let's Get Some on the very honest and upbeat first single, Live While We're Young.

It's full of riffs that haven't been heard since the 1990s boy bands took their final bows. Take Me Home is mainly produced by the same folks behind the group's debut, including Rami Yacoub, Carl Falk and Savan Kotecha. English singer-songwriter Ed Sheeran returns, too, co-writing two ballads (Little Things, Over Again) that break up the overall upbeat preppiness of the disc with memorable choruses.

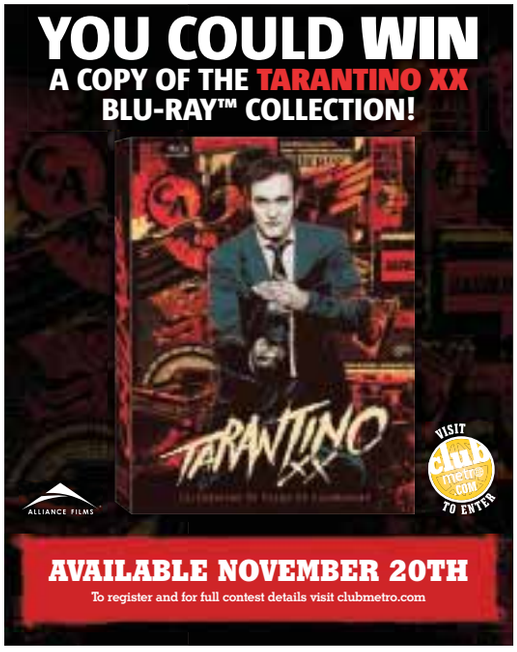
The album feels relentless in rhythm, sometimes even during the ballads, with a homogenous sound and message — like a teenage boy who says all the right words in a rush to get what he wants. But this time they're only singing the right words to get to your wallets and adoration. And they're most likely going to get it."

THE ASSOCIATED PRESS

Who's on board?

"English singer-songwriter Ed Sheeran returns too, writing two ballads."

One Direction's latest is called Take Me Home. THE ASSOCIATED PRESS



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber ALL PHOTOS GETTY IMAGES

Cry him a river: Justin B. borrows from Justin T.

Justin Bieber is dealing with being dumped by Selena Gomez the only way he knows how — through music. The 18-year-old Canadian pop star treated fans to a stripped-down acoustic version of Justin Timberlake's Cry Me a River — a song inspired by Timberlake's split from Britney Spears — at a tour stop over the weekend, according to People magazine. As for actually addressing the breakup, Bieber still sounds pretty shaken up. "I don't know what's going on in my life," he said in an interview with Open House Party radio before the show. "To even assess that, it doesn't make sense because I have not made any comment."

The babies still love you Biebs

Miranda Kerr

Selena Gomez may not be as big a Justin Bieber fan as she was a month ago, but at least the Canadian pop star gets the infant vote. Victoria's Secret model Miranda Kerr tells Us Weekly that Flynn, her 21-month-old son with husband Orlando Bloom, loves music and dancing — and Bieber's in particular. "The other day, we were in South Africa, I turned on the TV and Justin Bieber's documentary was on," Kerr says. "I said, 'Flynn! Bieber!' and he said, 'Bie-ber.' I said, 'Bieber fever' and he said, 'Bieber fever.' I thought it was the cutest thing I've ever seen."

The Word

The stars get to gabbing on the MTV red carpet

On the red carpet of Sunday's MTV Europe Music Awards in Frankfurt, Germany, David Hasselhoff got perhaps the biggest applause from fans, with host Heidi Klum, Kim Kardashian and Gangnam Style star PSY coming a close second.

The random lineup proves what an eclectic show it was. Metro was on the red carpet to talk to a few of the headliners.

ALICIA KEYS

There's talk of an apocalypse. What would you tweet, if you knew it was the end of the world?

Oh gosh, I really don't want to think about that. I really don't. But it's true it is something to think about. We're putting so much abuse on this planet. How is it not supposed to react that way?

LANA DEL REY

What were you listening to before the show?

We were listening to Chris Isaak and Bruce Springsteen. Americana.

PSY, HASSELHOFF AND JEPSEN

"The whole point of Gangnam Style is that you don't have to be that good."
—PSY

"It's good because I ride horses. It's very easy."
—David Hasselhoff on dancing Gangnam Style

"If you'd asked me when I was seven years old, I would have told you with utter confidence, definitely, yes. I'd be a star. But then I grew up."
—Carly Rae Jepsen

LaBeouf libates with the little people

Shia LaBeouf

Shia LaBeouf can't enjoy a drink in peace, apparently. The Transformers star hit up a dingy South London pub recently, surprising the regulars, and the evening wasn't without incident. "No one could believe that a well-known Hollywood star had docked up at a bar in [this neighbourhood]," a visitor to the Hobgoblin in New Cross tells the Sun. "Everyone was getting their photos taken with him." Things took a bad turn, though, when a student stole LaBeouf's baseball cap. "I think he was just joking, but Shia didn't like it," the source says. "He tried to get it back and they ended up tussling. It was handbags, really. But it shows that even Hollywood stars can't avoid grief down this way."

Greene hopes gossip won't get in film's way

Ashley Greene knows that the relationship drama between her Twilight co-stars Kristen Stewart and Robert Pattinson has been getting a lot of attention — especially after Stewart's cheating scandal this summer — but Greene hopes all the hubbub doesn't get in the way of the release of the franchise's final film. "Hopefully it won't taint it and people will still be able to enjoy the movie," she tells Seventeen magazine. "I think a lot of people see us as our characters. I really want them to still be able to do that."

Ashley Greene

Twitter

@MalinAkerman
On my 3rd hour here at London airport...pretty good spot to have a layover. Lots of shops!

@JohnCleese
In LA working with Python producer John Goldstone and daughter Camilla on acting and writing master classes for the internet.

@MissKellyO
At a photo shoot for a campaign to save African Elephants & the elephant farted on my boyfriends head funniest thing I have ever witnessed!

@CraigyFerg
Just downloaded Angry Birds Star Wars. This is probably my last tweet for a while.

Tickle me surprised: Elmo's right hand man caught in sex scandal

Kevin Clash, the man behind Sesame Street star Elmo, has taken a leave of absence from the popular children's show amid allegations that he had a sexual relationship with a 16-year-old boy, according to Radar Online.

"We met with Kevin, who denied the accusation. We also conducted a thorough investigation and found the allegation of underage conduct to be unsubstantiated," a spokesman for Sesame Workshop says, according to Radar Online.

"Although this was a personal relationship unrelated to the workplace, our investigation did reveal that Kevin exercised poor judgment and violated company policy regarding Internet usage, and he was disciplined."

No date has been given for Clash's return to the show.

The star of the documentary Being Elmo reportedly told another media outlet recently, "I had a relationship with (the accuser). It was between two consenting adults, and I am deeply saddened that he is trying to make it into something it was not."

Elmo and his handler Kevin Clash ALL PHOTOS GETTY IMAGES

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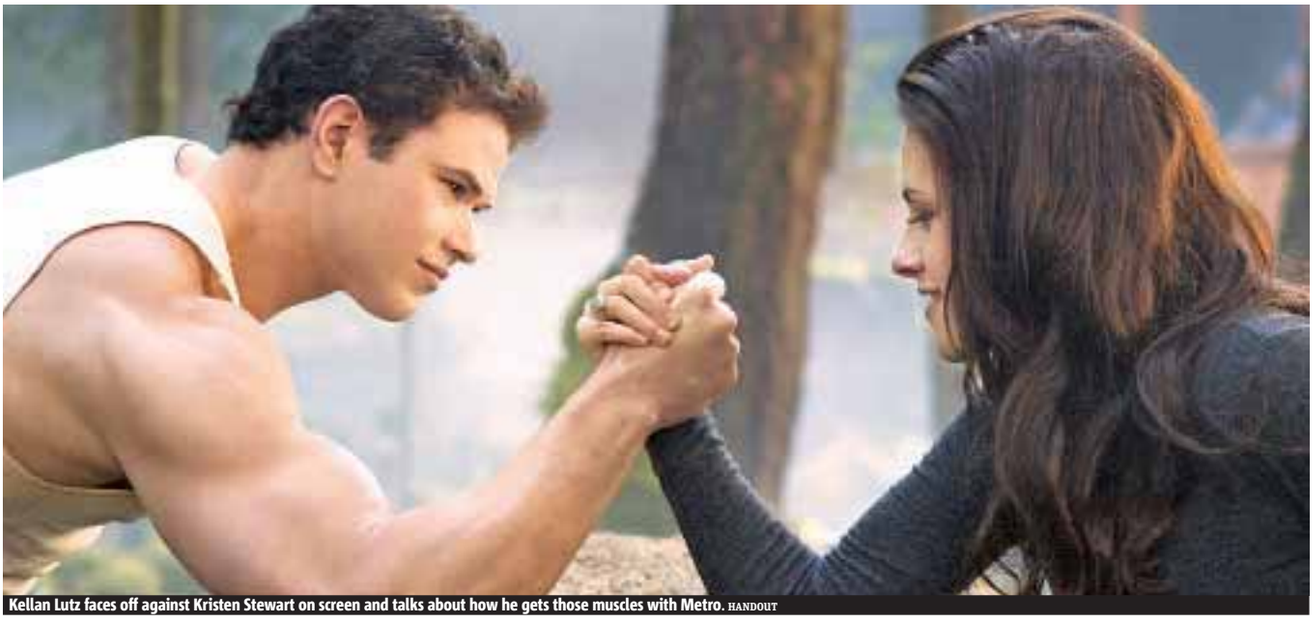


Kellan Lutz faces off against Kristen Stewart on screen and talks about how he gets those muscles with Metro. HANDOUT

Getting that vampire strength

Interview. Twilight star Kellan Lutz talks about how he keeps the sleek physique and manages major strength in the series

ROMINA McGUINNESS
life@metronews.ca

Kellan Lutz spent four years wearing pasty white make-up and doing push ups to play superstrong vampire Emmett Cullen in The Twilight Saga. Now that the final chapter, Breaking Dawn — Part 2, arrives in theatres, he talks to Metro about his post-vampire career, wrestling with Kristen Stewart and learning to cut up a steak.

Everyone went on and on about Taylor Lautner's body in Twilight. But you were buff all along. How did you manage that?
I have good muscle memory. I'm barrel-chested, so I can do 50 push ups and get some man boobs pretty easily. But Taylor had to take his shirt off. It would have been different if I'd had to take mine off and I was pale white with make up. It wouldn't look so flattering.

The arm wrestle scene between Bella and Emmett in Breaking Dawn 2 — did you guys do it for real? Kristen vs. Kellan?
I sent Emmett to some acting classes to prepare him for that scene so that he didn't lose and get his ego hurt too much. I'd been looking forward to shooting that scene for years and Kristen was just so excited to play a vampire finally. She's a strong woman. She put up a good fight. Of course, I let her win.

Could Kristen beat you in real life?
Never … Plus she cheated. But I really think she could beat Rob in an arm wrestle.

So, she's stronger than Robert Pattinson?
I think so … She'd come out a winner. She'd probably tickle him or something.

Would he make more?

"I mean, am I sitting on the edge of my bed praying about it? No. I love my character. If I had a spin-off where Emmett goes in the woods and five years later he has his own zoo and he's wrestling a bear and a lion in the backyard and he has his five Emmett buddies from his football days and hunting days and we made a comedy out of it, that would be great."

Kellan Lutz,
On making more Twilight movies.

Who would you rather date? Kristen Stewart or Bella Swan?
I don't really know Bella Swan too much. I know Kristen. For me, the wise choice would be who I know the most and connect the most with and Kristen — she was just so much fun to work with.

If you had the vampire strength of Emmett in real life—
If? What are you talking about?

What would you dream of being able to do?
Wrestle lions like Samson (in the Bible.) I love to play with my dog — but how fun would that be, to wrestle a lion by its mane and pull it down. Or a grizzly bear. For me — having all-powerful strength — being able to pull trees out of the ground and carry them like a pool noodle. Or feel like Atlas (a Titan known for his strength in Greek mythology).

What do you do to stay fit?
I play volleyball every Saturday and workout whenever I can. A big part of what I've been doing is just eating better. I don't eat as much candy as I used to.

I read you can eat 10 Taco Bell tacos in one sitting.
I have a large stomach. Growing up within a family of six boys, you learn to just chow down. You just want to get it in before it's gone. I'm learning to enjoy my meals and cut up a steak rather than just ripping it apart with my mouth.

What's next for you?
I'm focusing on action movies. I love fighting and shooting guns.

Why?
I have no tattoos — I wear my scars as my tattoos. I've never broken a bone but I love taking risks. I'd like to do something extreme like Tom Cruise in Mission Impossible. Wear a squirrel suit and jump out of a helicopter, fly over an erupting volcano and drive fast cars.

Would you do the space jump?
Yeah. I just love the thrill. Skydiving is amazing — doing flips in the air. Snowboarding or scuba diving —it's one of the scariest things I've ever done — it's life or death down there.

Nutrition. The vampire diet, according to the vampire trainer

Rich McDonald, trainer to Kellan Lutz of the Twilight movies.
HANDOUT

His character in The Twilight Saga may only stomach blood, but in real life, Kellan Lutz likes to keep his diet a little more varied, says his trainer.

"Kellan would load up on egg whites in the morning and have supplement shakes during the day, but his regular meal plan wasn't as balanced as I wanted it to be," said Rich McDonald.

"He upped his protein intake to maintain the muscle mass he was trying to create, but I also made sure he was getting enough vitamins and minerals by making him eat more vegetables. This is something a lot of guys who want to build muscle and get lean tend to neglect. He'd have six to eight small meals a day to keep his metabolism running as high and as fast as possible."

But eating right is only half the battle.

If you want to get that cut look, you have to have the right attitude and right approach.

"It's about waking up and getting your mind in the right place and being happy because then you'll only need to go to the gym for 30 minutes, do a routine that you enjoy and keep your heart rate up," McDonald said.

"I'm not big on cardio or running, but I have intense workouts for 30 minutes, so it's fun. I never really do the same routine twice and that keeps it fresh and non-complacent. But really, it all starts with being healthy and staying positive and focused."

METRO WORLD NEWS

Have dinner on the table in 20 minutes with tilapia

ROSE REISMAN
for more, visit
rosereisman.com

This Tilapia with Cashew Crust recipe is a real winner for fish lovers.

The mild taste of tilapia goes well with nuts, and this lemon-nut combination is outstanding.

If you want to substitute another fish, try sole. Serve this over a bed of fresh grilled vegetables.

The best part is that prep time is only five minutes and cooking time is only 15 minutes.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Place the cashews, cheese, oil, juice and garlic in the bowl of a food processor and process just until coarsely ground. Do not purée. Alternatively, finely chop by hand.

3. Place the fish on the prepared baking sheet and divide the nut mixture over top, pressing it onto the fillets to help it adhere. Bake for 10 minutes per inch of thickness, or until the fish flakes when pierced with a fork. Garnish with the dill and lemon wedges. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1/3 cup finely chopped toasted cashews
- 4 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp freshly squeezed lemon juice
- 1/2 tsp crushed fresh garlic
- Four 4-oz tilapia fillets
- 3 tbsp chopped fresh dill or basil
- lemon wedges

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

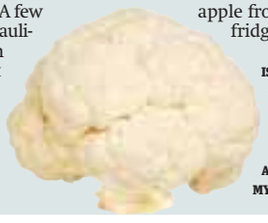
Health solutions

Save on produce

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Man, vegetables and fruit can get expensive this time of year! And when you consider that most of us are only enjoying three or four of the eight to 10 we are supposed to, the grocery bill goes through the roof. Here are a few tips to help you pinch a few pennies:

- Check the reduced bin first. Often, food is moved here simply to make room for a new shipment and you would have paid full price 20 seconds ago. (You will know what is beyond its due date, don't worry.)
- Buy in bulk and cook or freeze. A few heads of cauliflower can be bought on the cheap and be cooked in the slow cooker to turn it into a freezable side dish with a little drizzle of butter. Freeze in single serving sizes and never go without.
- Shop in Asian markets and experiment! You may not be familiar with the vegetable but, rest assured, a quick stir fry and you will be.
- Look for sales on frozen vegetables. These are often picked at their peak and frozen to preserve nutrients. Not as great as a salad, maybe, but tossed into pastas and soups, they are great!
- You can't beat frozen berries for pies, smoothies and to stir into yogurt.



Don't skimp on the health benefits of fruits and vegetables just to save a few bucks. It won't be worth it in the end. If all else fails, "borrow" someone else's apple from the work fridge. (Kidding!)

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Spinach & Artichoke Dip with Catfish. A tempting autumn appetizer

1. Heat oven to 180 C (350 F).

2. In a saucepan over medium heat, melt butter and add catfish cubes. Cook, stirring, for about 5 minutes or until fish flakes easily when tested with a fork. Remove from heat and let cool for about 5 minutes.

3. Squeeze excess moisture out of spinach and artichokes. In a large bowl, combine with two-thirds of the Parmesan and all remaining ingredients. Transfer to a glass baking dish and sprinkle with remaining cheese.

4. Bake for 20 to 25 minutes or until hot in the middle and golden brown. Serve warm with your favourite crackers, bread or veggies. **THE CANADIAN PRESS/U.S. FARM-RAISED CATFISH**

Ingredients

- 15 ml (1 tbsp) butter
- 3 catfish fillets (each 180 to 250 g/6 to 8 oz), cubed
- 500 g (1 lb) frozen chopped spinach, thawed and drained
- 1 can (398 ml/14 oz) artichokes, drained
- 175 ml (3/4 cup) grated Parmesan cheese, divided
- 125 ml (1/2 cup) diced green onions
- 250 ml (1 cup) mayonnaise
- 3 cloves garlic, minced
- 5 ml (1 tsp) hot sauce, or to taste
- Salt and pepper, to taste

There's a new green side dish in town with a peppery hit

Of all the many green vegetables available to us, we tend to be profoundly lacking inspiration when it comes to selecting one for those big family dinners.

Generally, it's either green beans or Brussels sprouts. And while both are fine vegetables, wouldn't it be nice if just once the token nod to something green on the table was something a little different?

That's the inspiration behind this fast and easy green dish that has lots of flavour and doesn't rely on the usual suspects. The solution is a heaping tray of roasted, peppery shrimp and edamame, creating an attractive and filling side dish that could even double as a main course.

Because this recipe cooks so quickly — and at a much higher temperature than most big dinner dishes are likely to — leave it for last.

And yes, the recipe is correct — 2 tablespoons of black pepper. That's the point. And it is delicious.

This recipe serves eight. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 1-lb bag frozen shelled edamame
- 2 lbs raw peeled shrimp (thawed, if frozen)
- 1/4 cup olive oil
- 2 tbsp ground black pepper
- 1 tbsp kosher salt
- 1 tsp smoked paprika

1. Heat oven to 450 F. Line a rimmed baking sheet with foil.

2. Place the edamame in a medium microwave-safe bowl and microwave for 1 to 2 minutes, or just long enough to slightly thaw. Pour off any liquid that has accumulated in the bowl, then transfer the edamame to the prepared baking sheet.

3. Add the shrimp to the baking sheet, then drizzle the oil over them and the edamame. Sprinkle with the pepper, salt and paprika. Use your hands to mix everything together, making certain the shrimp and edamame are well coated with the oil and seasonings. Arrange the ingredients in an even layer on the baking sheet.

4. Roast for 5 minutes, then use a spatula to turn the shrimp. Roast for another 2 to 3 minutes, or until the shrimp are just pink and firm. Serve immediately. **THE ASSOCIATED PRESS**

Kids' friends still scoffing

Frustrated by lingering Halloween treats

Dear Charles the Butler; My children's friends are still eating Halloween candy and it's driving me crazy. My kids weren't allowed to keep all of their candy, but their friends bring treats into the house. I don't want my kids eating too much sugar. How do I deal with my kids' friends when they bring candy over? Is there an etiquette for this? -Stressed mom

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Stressed Mom; Wow this is tough, because you are trying to deal with discipline within your own home, yet have kids from the outside who have different parents and rules in their homes. However, in the end, the solution is simple. It's your home, so it's your rules. Ask the kids not to eat their candy in your house and provide them with something else as a healthy alternative for the kids to share. Remember, don't embarrass or say bad things to these kids about candy or sugar, that's not your place. But be positive. Reinforce what you do in your house and be confident in your decision.

If you don't want outside candy in your home, say so. ISTOCK

The Dirty Dancing soundtrack worked for them. LIONSGATE

How a cheesy soundtrack = amazing sex

Setting the mood. Music psychologist reveals why great love songs get us all hot and bothered

ROMINA MCGUINNESS
metronews.ca

It appears that when it comes to wooing and romance, music can be used as a form of brainwashing. The songs you choose are just a subtle way to suggest and initiate sex.

Music psychologist Dr. Daniel Müllensiefen, from Goldsmiths, University of London, discovered that music was a key element of the seduction game and consequently, how successful you are in the bedroom. The playlist you listen to in the moments leading to and during sex is crucial.

A staggering 40 per cent of people admitted that the music they listened to during sex was more arousing than the touch or feel of their partner.

Time of your life

Although both sexes favoured songs that were happy and tender, men tend to make more of an effort to adjust to the taste of their date in order to ensure success in the bedroom.

This could explain why the soundtrack from the iconic '80s romantic movie, Dirty Dancing, was voted as best for sex. This is because it's not just the music that's important, but what it is that we associate with the songs.

Dr. Müllensiefen observed: "Music activates emotional pleasure centres in the brain—the same areas that are activated when we have sex or take drugs.

"If you have a sound track to a film that as a whole is associated with romance, flirt(ing) and sex, that might work for the entire sexual episode. Listening to the soundtrack unconsciously re-ignites the feelings we experienced whilst watching the film.

"So just put the CD in and let it play," he adds. "The passionate emotions we feel when we see the love scenes in a film get encoded together with the music, almost like a conditioned experience."

The Vocals

But it's not just what we associate the song with that's important in the bedroom — individual vocals are too. "People have a sort of emotional intelligence with music," explains Dr. Müllensiefen.

"When it comes to getting in the mood for sex, people tend to go for relaxed songs with little use of vocal vibrato and with a greater dynamic range, a high chest voice, a raspiness in the voice, such as Marvin Gaye's Sexual Healing, (the number one track to get in the mood for sex) and Barry White's Anything (third best)," says Dr. Müllensiefen.

So fire up that Spotify or Grooveshark playlist, doc. Let's get it on.

The reasons we fail financially

Alison's money rule.
New survey shows how we really feel about our spending and saving

YOUR MONEY
Alison Griffiths
money@metronews.ca

Do you have a cheatin' heart? Do you feel guilty or anxious? Are you hoping for a windfall to save you?

Chances are, you'll answer yes to one or more of these questions when they relate to money.

Credit Education Week Canada (cewc.ca) began on Monday. This year, the founders of CEWC, Credit Canada Debt Solutions and Capital One Canada, commissioned a survey to find out how we really feel about money and our spending and saving resolutions.

Interestingly, the survey uncovered a whole lotta angst going on in our financial lives. Sixty three per cent of Canadians worry so much about money they lose sleep and for half of us, it has caused conflict with family or friends.

Nearly 30 per cent are praying for a lottery win or an inheritance to secure their futures.

In light of these statistics, it comes as no surprise that 81 per cent of us have cheated on resolutions made about money.

The source of our financial woes lies mostly in a single area — overspending.

Pretty much everyone does it, with groceries being the biggest culprit (76 per cent), followed by the need to treat or reward ourselves (60 per cent) and eating out (54 per cent).

While many Canadians (37 and 28 per cent) believe that lack of income and discipline are at the root of their financial troubles, I think these are symptoms, not causes.

The real problem is a lack of another kind — help.

There is a crying need for assistance and very few are getting it. Only eight per cent of Canadians use a financial planner, for example.

But there are many ways to get support in achieving financial goals. Old-fashioned hand holding is one.

Find someone you trust to be a mentor and to keep you on track. I know one woman who enlisted her neighbours with the common goal of making a budget and sticking to it. They met monthly to bare their financial souls — and it worked.

There are also charitable counselling services such as Credit Canada (creditcanada.com) and employers are increasingly including financial counseling to HR programs.

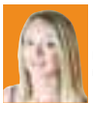
If you think you need help, start looking for it. Don't hide your financial problems in a closet.

A financial planner can be a broke girl's best friend. ISTOCK IMAGES

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

The Joneses' don't have two nickels to rub together, so why keep up?

What price will Canadians pay to keep up with their spending? ISTOCK



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

November is financial literacy month for many provinces in Canada. To celebrate, last week I spoke at an event alongside David Chilton, the new Dragon from Dragon's Den and author of Wealthy Barber, the first personal finance book I ever read at age 13.

Chilton is considered the pioneer of personal finance in Canada, so it was an honour to present with him on the theme of Keeping Up With The Joneses'.

Unfortunately, Canadian appetite for spending has grown substantially over the past few decades as our incomes have grown and access to credit has increased.

We've watched our broke neighbours bring home fancier cars, upgrade their houses and put junior in expensive competitive sports.

As a result of adult peer pressure, we've over-extended ourselves to look richer in hopes of greater happiness, which never materializes because true happiness isn't found in a new television.

Meanwhile, the truly wealthy are not spending this kind of dough. They're living frugally, keeping meticulous budgets and spending on things that grow in value, not shrink.

These folks report less stress, fewer divorces and greater personal satisfaction. They are financially literate.

Due to extreme overspending, Canadians borrow approximately $0.70 of every $1 spent and the most popular borrowing methods are credit cards and lines of credit.

Canadians continue to carry balances on our credit cards at an average rate of 19.5 per cent and the average Canadian household owes $40,000 in some type of consumer debt.

Even more frightening is the fact that one in 10 families report that they would not be able to handle a $500 unexpected expense.

What price will Canadians pay to keep up with their spending?

The bottom line on overspending and debt is that it's restrictive and causes stress. If you care about your future, channel your energy and dollars away from image-boosting spending and focus on keeping what you've worked so hard to earn.

If you're caught in an overspending trap, stop. Remove spending temptation. Avoid bad debt and manage good debt by:

1. Negotiating interest rates; and

2. Paying a little extra each month through frugal living.

Chilton offered good advice last week: Stop complaining about what you don't have.

Consider yourself lucky to live in Canada, where we are safe, have access to education, health care, jobs and other helpful resources.

Follow Lesley on Twitter @LesleyScorgie

MAKE A MONEY RESOLUTION

CREDIT EDUCATION WEEK CANADA AIMS TO RAISE AWARENESS

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its sixth year, CEWC 2012 will be looking at "money resolutions" and the unique financial pressures Canadian consumers face.

Beginning today and running through to Friday, more than 150 events and financial literacy workshops at YMCAs and community centres across the country will occur under the Credit Education Week Canada banner thanks to the support and funding of all sponsors.

On Nov. 13, the founding sponsors of CEWC — Credit Canada Debt Solutions and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA. The event launch will be hosted by Gary Rabbior, president of CFEE, a non-profit, non-partisan organization since 1981. This is a unique opportunity for financial industry leaders to bring consumer awareness to myriad of financial issues impacting Canadians, as well as show their support and commitment to the financial literacy initiatives.

Bruce Sellery, the founder of Moolala, a personal finance training company with a mission to inspire people to get a handle on their money so they can live the life they want, will deliver the event's keynote address.

The climax of every CEWC is the dinner gala, which will be held Thursday at the Royal York Hotel in Toronto. The gala will be hosted by CTV's consumer affairs expert Pat Foran, while David Chilton, star of CBC's Dragons' Den and bestselling author of The Wealthy Barber Series, will deliver the gala keynote address.

For more information about CEWC 2012, go to cewc.ca.

STORIES FROM ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less. Julie-Laurence Lafortune of Laval, Que., submitted the winning entry worth $4,000, Trina Brooks from London, Ont., took home $3,000 for the second-place story, while David Roberts from Vancouver cashed in the third-place entry, which was worth $1,000.

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KICKING HER TO THE CURB

JULIE-LAURENCE LAFORTUNE CHOOSES TO END A RELATIONSHIP WITH HER CREDIT CARD

GRAND PRIZE WINNER ($4,000)

It was the summer of 2004; she had just graduated from university and was working an entry-level position in the field of advertising. We met at the bank. The teller introduced us and it was love at first sight.

She wanted so many things and I could provide those to her. The designer shoes that she so lusted for were finally hers in the blink of an eye when she brought me along with her. While her friends were saving up for down payments on condominiums or putting money towards their retirement, she was with me in the swankiest stores in town. Her friends and family warned her to spend less time with me but nothing could keep us apart. I remember those crazy nights out when I would get swiped a dozen times.

Notices started flooding in requesting she pay for me. She stopped opening them. After all, our relationship was all about fun and nobody was going to put a damper on that. It all came to a halt one year later. She had a nightmare; she was drowning in a sea of notices, unable to come up to the surface to breathe. As she awoke in fright, I heard her whisper: I need to change my ways or I will be living in my purse and drinking juice from my shoes.

She confined me to her freezer; she tried to cut me with her scissors but couldn't bring herself to do it. She sold some of her designer goods and opened a tax-free savings account. She wrote up a debt repayment plan and followed it with unbridled discipline.

She finally took me out one day but it just wasn't the same. She wanted a professional relationship. I wasn't her everything anymore, just her credit card.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

SPORTS 4

Roughriders so close, yet not so far away?

West Division semifinal. Rider Nation disappointed, but optimistic about the future

JEFF MACKEY
Metro in Regina

The 2012 Saskatchewan Roughriders season has come to what many in Rider Nation would call a premature finish, but some still find cause for optimism even after such a heartbreaking loss.

On Sunday, the Calgary Stampeders defeated the Riders in Calgary 36-30, after a hard fought, back-and-forth West Division semifinal. Thanks to a touchdown, the Riders had a one-point lead late in the fourth quarter. But Drew Tate and his Stamps spoiled it with a 60-yard TD pass with just 20 seconds left in the game.

It was a sad end to a turbulent season.

"The trend seems to be for the team to play well for bits and pieces of the regular season," said Jennifer Siemens of Regina, a life-long Riders fan. "But at least we (the fans) are always there right to the end no matter what."

"I think it was a rebuilding season," said Sheldon Baerg, a Saskatoon-based welder and Riders fan. "We had a new coach, we had a lot of young players and I think that was pretty much what sums it up in the end of it."

Fans are now looking back on the season that was and judging whether the direction coach Corey Chamblin is taking the team is the right path, and he seems to get fairly good reviews

"The season was a start, but not quite a success," said Mike Mastrangelo a Regina member of Rider Nation. "Chamblin has been just fine though, but there is work to be done."

Roughriders quarterback Darian Durant leaves the field Sunday after a 36-30 loss to the Stampeders in the West Division semifinal at McMahon Stadium.
LARRY MACDOUGAL/THE CANADIAN PRESS FILE

On Twitter

"Heart's a bit heavy. Always sad when #CFL season ends but if it had to end early, couldn't ask 4 more exciting finish. #Riders #BleedGreen" @ellyglynj

"#Riders won n lost in the last minute - that's what makes "Canadian" football awesome #CFL #ready4nextyear" @ericainottawa

"Well #riders that was a tough way to end the season. This team improved so much over last year, I'm excited to see what they can do next yr." @Cole_Goertz

Stamps break through

Saskatchewan QB Darian Durant was 24-for-37 for 435 yards, four TDs throws and two interceptions on Sunday.

- "Darian had a phenomenal game," Saskatchewan head coach Corey Chamblin said. "He gave us a chance to win that game."
- Saskatchewan had been a post-season stumbling block for the Stampeders in recent years, with four playoff wins over Calgary in five seasons between 2006 and 2010, and another back in 1997.

THE CANADIAN PRESS

WHL

Blades bested by Thunderbirds

The Seattle Thunderbirds got by the Saskatoon Blades on Saturday night at Credit Union Centre.

Making good on two of five power-play opportunities, the Thunderbirds came out on top with a 6-2 win over the Blades, who failed to capitalize on three man-advantage chances. Matt Revel and Lukas Sutter had the Blades' two goals.

The Blades (8-10-0-1) head to B.C. this weekend. First up, Prince George (7-10-1-1) on Friday. METRO

CFL

Tate says he never had concussion

Calgary Stampeders quarterback Drew Tate says he didn't remember the first half of the West Division semifinal because he wanted to erase it from his memory, not because of a concussion.

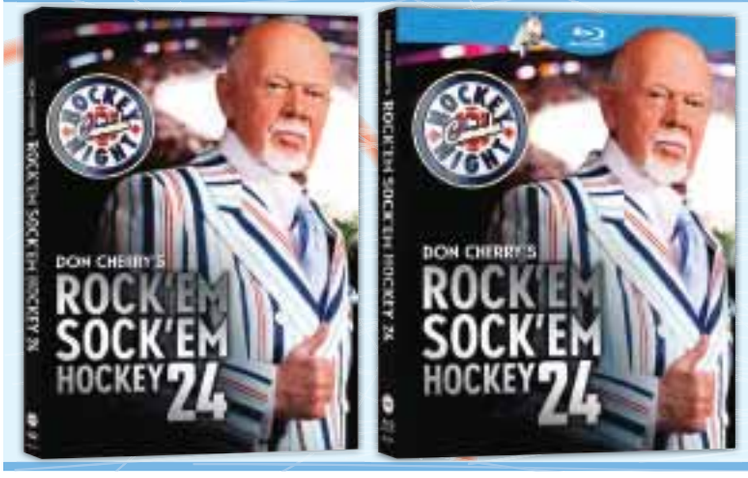
Tate issued a statement Monday clarifying comments he made at halftime and following the previous day's win over the Roughriders. Tate got to his feet slowly after a hit from Saskatchewan's Tearrius George in the second quarter.

He told TSN at the half "I got hit in the head. I don't remember the first half" and repeated to reporters after the game: "I got my bell rung. I don't remember the first half."

Stampeders head coach John Hufnagel told reporters Monday that Tate passed all concussion tests "with flying colours."

"Looking back, I answered that question way too casually, but it was because I just wanted to go start warming up for the second half," Tate said in the statement.

THE CANADIAN PRESS



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Hockey Hall of Fame inductees, from left, Mats Sundin, Joe Sakic, Adam Oates and Pavel Bure pose in Toronto on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

Lockout on minds of hall of fame inductees

Hall of fame. 'I think it's devastating,' says former Leaf Sundin as new class enshrined in Toronto

There is something missing from Joe Sakic's new plaque at the Hockey Hall of Fame and it's not because the printer made a mistake.

Among the list of his many achievements is no mention of his 21st NHL season, the one that was never played because of the 2004-05 lockout. With the sport back in another labour dispute, Sakic reflected on the year that never was on the day he took his place among hockey's greats.

"I lost a year of hockey," Sakic said Monday, before the induction ceremony. "It would have been 21 years instead of 20. That's what you lose."

Fellow inductees Mats Sundin and Adam Oates were also in the NHL when the last lockout hit, while Pavel Bure, the fourth member of the class, was already retired.

Sundin never managed to win a Stanley Cup and can't help but wonder what could have been had the 2004-05 season been played. His Maple Leafs were on a run of six consecutive playoff appearances before that work stoppage.

"It was awful," Sundin said. "I think it's devastating."

The current lockout made Hall of Fame ceremonies a more subdued affair than usual. The four inductees were to have been honoured at Air Canada Centre before a Leafs-Devils game on Friday night — a missed opportunity in particular for Sundin, the longtime Toronto captain, and Oates, who grew up in the city.

Sundin is back living in his native Sweden now, but the impact of another work stoppage hasn't gone unnoticed.

"I think it's huge," he said. "It's the biggest representative of the game of hockey in the world. When the NHL is not going, people lose focus on hockey."

Added Sakic: "It hurts the players, it hurts the owners, it hurts the fans and it hurts the game."

The two men at the centre of collective bargaining negotiations, commissioner Gary Bettman and NHLPA executive director Donald Fehr, were both expected to attend Monday night's ceremony. They were anxious to try and keep a low profile.

All four members of this year's Hall of Fame class were affected by a labour disruption during their careers — Bure was playing for the Vancouver Canucks during the lockout-shortened 1994-95 season — and it's reasonable to expect that trend will continue for some time after four work stoppages in the last 20 years.

THE CANADIAN PRESS

By the numbers

2

Of the four former NHLers inducted on Monday, Joe Sakic was the only one to win a Stanley Cup. Sakic won two with the Colorado Avalanche (1995-96, 2000-01).

Quoted

"I think it's the biggest achievement you can get in hockey ... for me it's a huge honour. It feels great."

Hockey Hall of Fame inductee Pavel Bure

Statistics

2012 HALL OF FAME CLASS

	GP	G	A	PTS
Pavel Bure	702	437	342	779
Playoffs	64	35	35	70
Joe Sakic	1378	625	1016	1641
Playoffs	172	84	104	188
Mats Sundin	1346	564	785	1349
Playoffs	91	38	44	82
Adam Oates	1337	341	1079	1420
Playoffs	163	42	114	156

Torstar News Service

CBA won't take long once deal reached

NHLPA executive director Donald Fehr leaves negotiations last Friday in New York. RICHARD DREW/THE ASSOCIATED PRESS FILE

A new NHL labour deal might not be as far off as it seems.

Steve Fehr, special counsel to the NHL Players' Association, believes the collective bargaining agreement can be wrapped up in a hurry once the sides make a breakthrough in negotiations.

"One thing (deputy commissioner) Bill Daly and I agree upon is that when the moment is right the deal could be done very quickly," Fehr said on Monday during a panel discussion at the Prime-Time Sports Management Conference in Toronto. "One day, three days or whatever."

Asked later if he agreed with that assertion, Daly replied: "I hope he's right."

Representatives from the NHL and NHLPA have met seven of the last nine days, but no future talks are planned. Fehr told the panel that three issues remain to be solved: The split of money, player contract rights and who pays for the damage caused by the lockout.

The contract issue in particular has flared up recently, with Pittsburgh Penguins captain Sidney Crosby sounding off on that topic to reporters on Monday. The NHL has proposed changes to entry-level deals, arbitration, free agency and contract limits.

"The question I'd ask is why would we change that?" Crosby said. "I think we all think it's the most competitive league in the world so why would you go and change that — the way contracts go and the way teams can operate?"

Fehr and Daly discussed the player-rights issue during a meeting on Sunday afternoon, and the union leader doesn't believe it will ultimately keep them from striking a deal. THE CANADIAN PRESS

Cycling

Armstrong cuts ties with charity

Lance Armstrong has cut formal ties with his cancer-fighting charity to avoid further damage brought by doping charges and being stripped of his seven Tour de France titles.

Armstrong resigned from the board of directors for Livestrong on Nov. 4. He had resigned Oct. 17 as chairman of the charity he founded but had kept a seat on the board.

The U.S. Anti-Doping Agency ordered Armstrong banned from the sport for life and stripped him of his titles.

Livestrong spokesperson Katherine McLane said Monday that Armstrong "remains the inspiration" and is still its largest donor with nearly $7 million US pledged. THE ASSOCIATED PRESS

MLB

Trout, Harper named top rookies

Mike Trout of the Los Angeles Angels became the youngest AL Rookie of the Year on Monday and Bryce Harper of the Washington Nationals was voted the second-youngest winner of the NL honour.

Trout, who turned 21 on Aug. 7, hit .326 with 30 homers and 83 RBIs. Harper, who turned 20 on Oct. 16, batted .270 with 22 home runs and 59 RBIs. THE ASSOCIATED PRESS

Angels outfielder Mike Trout GETTY IMAGES FILE

NBA

Lakers pull U-turn to hire D'Antoni

Just when everybody thought the Los Angeles Lakers were getting back together with Phil Jackson, they switched course in the middle of the night and went with Mike D'Antoni.

The Lakers reacted with ample excitement and a little bewilderment Monday to their front office's surprising decision to hire D'Antoni as Mike Brown's replacement over Jackson. THE ASSOCIATED PRESS

Hilltops bring home third straight Canadian Bowl

Junior football.
Despite slow start, Hilltops defeat Rams 23-21 in Langley, B.C.

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The Saskatoon Hilltops have won their third straight Canadian Junior Football League title after they defeated the Langley Rams 23-21 on Saturday afternoon.

Although the Hilltops were off to a slow start in the championship game, head coach Tom Sargeant said he was pleased with the win, adding it was a combined effort by everyone involved.

"I'm feeling very proud of my coaching staff, very proud of my players, especially my fifth years, and now they can just feel good about themselves for playing a game that could have gone either way," Sargeant said after the game. "But these guys found a way, they never quit and they have a champion's heart."

The game was a mixed bag for the Hilltops as they were trailing 14-6 at the half, but it was a fumble by the Rams' Nick Downey that changed the momentum. The Hilltops managed to capitalize on the mistake. Mike Waldron ran it back to the five-yard line and running back Andre Lalonde brought it in for a touchdown on the next play.

Then, a 40-yard pass from quarterback Matt Karpinka to receiver Graham Unruh sealed the comeback for the Hilltops as he managed to run the ball into the Rams' end, for the final score of 23-21.

Sargeant said the win was a team effort and he couldn't have gotten the Hilltops to their third national championship alone.

"I've been very fortunate that I've got great people around me that make me look good. There's a lot of passion here, a lot of belief, and we're a family," he said.

It's the Hilltops' 16th time winning the Canadian Bowl.

The Saskatoon Hilltops hoist the Canadian Bowl after topping the Langley Rams on Saturday in Langley, B.C. CONTRIBUTED/TWITTER@SASKHILLTOPS

Steelers trump Chiefs in OT

Javier Arenas of the Kansas City Chiefs runs the ball against Baron Batch of the Pittsburgh Steelers on Monday in Pittsburgh. The Steelers won the game 16-13 on a Shaun Suisham field goal in overtime.

GREGORY SHAMUS/GETTY IMAGES

Raptors fall short in marathon match

Paul Millsap scored 34 points and Al Jefferson drained just the second three-pointer of his career with 2.2 seconds in regulation to lift the Utah Jazz 140-133 over the Toronto Raptors in triple overtime Monday.

DeMar DeRozan scored 37 points, Jose Calderon finished with 20 points and 17 assists, and Amir Johnson and Linas Kleiza added 20 points apiece in the Raptors' fourth straight loss.

Andrea Bargnani finished with 19, including a clutch three-pointer with 7.7 seconds left in the second overtime frame to send it into a third.

The Raptors (1-6) played their first triple overtime game since Feb. 23, 2001.

Jefferson finished with 24 points for the Jazz (4-4), who won their seventh straight matchups at the Air Canada Centre.

The Raptors have been plagued by inconsistency, failing to put together a full 48 minutes of decent basketball — their most recent glaring example, a ghastly second quarter on Saturday that proved costly in a loss to Philadelphia.

Monday's game

Pacers	Raptors
140	133

They held on for most of Monday, leading from the outset, and taking an 87-82 lead into the fourth quarter and then stretching that to 11 points with seven minutes to play on a hook shot from Johnson — their biggest lead of the game.

The wheels fell off in the game's final minutes of regulation as the Jazz whittled away at Toronto's advantage before Jefferson's three with 2.2 on the clock that sent the game into overtime.

The Jazz had a four-point lead midway through the five-minute extra period before a huge dunk by DeRozan with 23 seconds left put Toronto up by two.

Jefferson replied with a jumper to tie the game three seconds later, sending it into a second overtime.

The Raptors never led in second overtime, but backup guard John Lucas's three with 7.5 seconds left on the clock was good enough to send the game into a third extra period tied at 125 apiece.

A three-pointer by Millsap followed by a jumper by Gordon Hayward put the Jazz up by six with 1:33 left in the game, sealing the hard fought victory for Utah.

The Raptors played without starters Kyle Lowry and Landry Fields, along with Alan Anderson. Lowry missed his third straight game with a sprained right ankle, Fields is nursing a tender right wrist and Anderson sprained his left foot in Saturday's loss to Philadelphia. THE CANADIAN PRESS

Tennis

Djokovic wins ATP finals title

Novak Djokovic recovered from early breaks in both sets to beat Roger Federer 7-6 (6), 7-5 on Monday in the championship match at the ATP finals.

It was Djokovic's second victory at the year-end tournament for the top eight players in the world. He also won in 2008, when the tournament was in Shanghai.

Federer had been looking for his record seventh title.

THE ASSOCIATED PRESS

Novak Djokovic holds up the ATP World Tour Tennis singles trophy on Monday in London.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
This is an extremely good time for you and if you don't have big plans for the next 24 hours then make some now. On the financial front especially, you can move ahead in leaps and bounds. Be bold.

♉ Taurus
April 21 - May 21
If you think you know what is best for a partner or loved one by all means, let them know. But don't push too hard or they may not take your advice. Make it seem as if they thought of it themselves.

♊ Gemini
May 22 - June 21
A solar eclipse in the wellbeing area of your chart will bring health matters to the fore, making this the perfect time to start a new fitness regime or, more likely, give up something that doesn't do you any good.

♋ Cancer
June 22 - July 23
The thing you need to remember is that causes have consequences. It may seem as if a piece of good fortune has arrived out of the blue but in fact you have somehow earned it. So enjoy it with a good conscience.

♌ Leo
July 24 - Aug. 23
Try not to play favourites today, even though one particular person may be higher in your estimation than others. If friends or family members think they are not so important to you, it could cause unnecessary grief.

♍ Virgo
Aug. 24 - Sept. 23
Social activities and travel plans are under excellent stars, so don't waste the day entirely on work. If you do, you may look back a few weeks from now and wish you had been a touch more adventurous.

♎ Libra
Sept. 24 - Oct. 23
Go with the flow today and don't worry too much about where you might end up. Almost certainly it will be somewhere exciting, doing something you enjoy. You may even make some money from it.

♏ Scorpio
Oct. 24 - Nov. 22
Today's solar eclipse in your sign is a herald of good times to come. Those times will be even better if you bring other people into your plans. The more you do with loved ones, the more you do for yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be a bit reclusive today, unwilling to get involved in what's going on in the world around you, but that's no bad thing. It's OK to switch out of party mode for a while — in fact, it's a necessity.

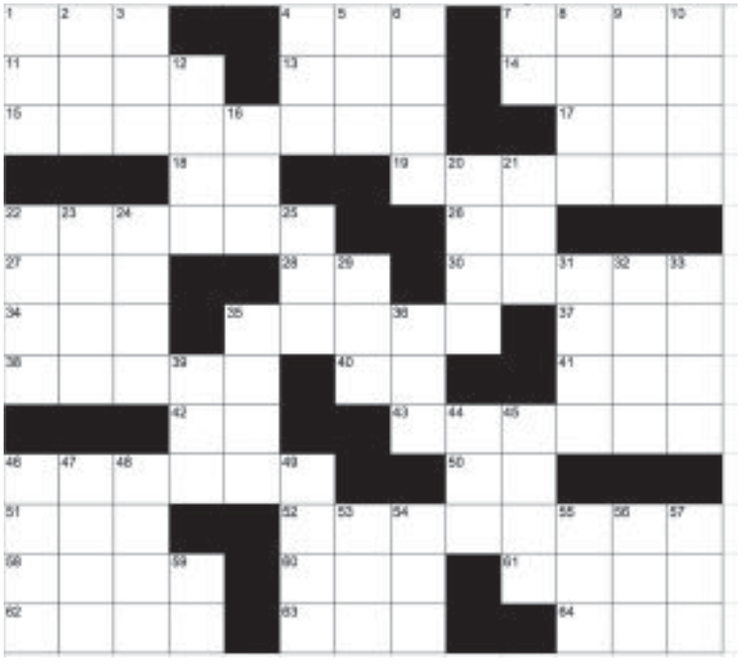
♑ Capricorn
Dec. 22 - Jan. 20
Cosmic activity in the friendship area of your chart means you will be offered at least one helping hand over the next 14 hours. Wherever you go and whatever you do, people will go out of their way to assist you.

♒ Aquarius
Jan. 21 - Feb. 19
You must let employers and other important people know who you are and what you can do. Put yourself forward today and don't think you are being pushy. It's their loss if they overlook your many talents.

♓ Pisces
Feb. 20 - March 20
What is it you want most out of life? Put a name to your dream and visualize what it would be like to have it come true, and there is every chance you will be living it by the end of the year. SALLY BROMPTON

Canadian Crossword

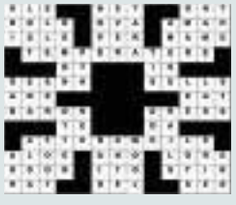
BY BETTY MARTIN



Across
1. House site
4. Pub
7. Proofreaders word
11. Type of code
13. — Life to Live
14. Practice
15. Party favours
17. Participated in a marathon
18. Exclamation of pain
19. Stenographer, of old
22. Grieve
26. Shoe width
27. Bargain basement abbr.
28. Hospital waiting rm.
30. Slip-up
34. Personal info.
35. Annoyed (2 words)
37. Meadow
38. Reeds
40. — the World Turns
41. Type measures
42. Battery size
43. Left to the heir, often
46. Probes
50. My – -Called Life
51. Web ending
52. Salve
58. Laze
60. "Rain —"
61. Baseball stat.
62. Day after Mon.
63. Compass bearing
64. Born

Down
1. Found on CSI: Miami
2. Openings (anat.)
3. — Aviv
4. Casper greeting
5. Columnist Landers
6. Take a breather
7. Jr.'s dad
8. — & Dean: Inn Love
9. Airport info.
10. Camping equip.
12. Salve plant
16. Possess
20. Puppy sound
21. Small pod veggie
22. Teases
23. A great lake
24. Gentle push
25. Golf gadget
29. MacGyver star (init.)
31. Appeal
32. Transmitted
33. Luxury
35. Tremendous victory
36. Utilize
39. Corner —
44. Now grounded fast flyer
45. Heavy volume
46. Give in your notice
47. Language of Pakistan
48. Fashion magazine
49. " — Like it Hot"
53. McShane or Ziering
54. Wind direction (abbr.)
55. Sea eagle
56. Negative vote
57. Toronto Stock Exchange (abbr.)
59. 19th letter of the alphabet

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7		2	6				1	
			3	8		9		
5					9			
1							9	3
3		8				2		6
4	2							1
			1					9
		1		5	4			
	5				7	1		2

Friday's Sudoku

7	8	1	3	9	6	5	2	4
9	5	6	2	4	7	1	8	3
3	4	2	8	5	1	9	6	7
4	9	7	1	8	3	2	5	6
6	1	8	5	2	4	3	7	9
2	3	5	7	6	9	4	1	8
1	7	4	6	3	2	8	9	5
5	6	3	9	1	8	7	4	2
8	2	9	4	7	5	6	3	1

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